



La Jolla Cosmetic
Medical Spa
est. 2013

PDO Threads Pre and Post Care Instructions

CONTRAINDICATIONS

- Inflammation of the skin in areas to be treated
- A non-absorbable implant in the zone of thread insertion
- Chemotherapy
- Tendency towards keloid scarring
- Blood/bleeding disorders
- Pregnancy
- Cutaneous neurofibromatosis
- Acute illness
- Uncontrollable picking of skin

HOW TO PREPARE FOR THE TREATMENT

- Stop smoking for at least 14 days before procedure. Minimize alcohol intake 3 days before treatment. This will help strengthen your immune system and prevent swelling during and after the treatment.
- Discontinue blood thinning medications and vitamins unless medically necessary. Contact your provider if you want to verify the list of medications/supplements you are on.
- Please consume a nutrient dense diet leading up to your procedure and after for optimal healing.
- On the day of your procedure, do not come with any make up on. Do not wear earrings and necklaces.
- To minimize discomfort during the treatment, you can arrive 30-45 mins prior to treatment for topical numbing. Strongly encouraged to take Gabapentin 300mg when you arrive to decrease pain and stress.
- If you develop a cold, flu like symptoms, rash/cold sore over the treatment area, we recommend that you please reschedule your appointment when symptoms resolve.

WHAT TO EXPECT

- Effects should be noticeable immediately after treatment. However, maximum effect will occur around 3 months as body builds collagen and elastin around the threads.



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- Bruising and swelling is normal and expected. To minimize bruising and swelling, you may take over the counter oral Arnica tablets or apply topical Arnica (or Alastin Inhance post injection serum) to affected areas to accelerate healing.
- Asymmetry and irregularity of the tissue is common and will typically resolve in two weeks.
- Tension/headache, stinging, pulling pain, tightness at the injection sites is normal and may last several days, or even up to 1 month after treatment. Discomfort is the worst in the first 24- 48 hours. Take Tylenol for pain if able to, if unable to take Tylenol, you may still use Ibuprofen every 6-8 hours as needed during this time. Pain should improve each day. Please consult your provider for any worsening discomfort, increased swelling, excessive warmth to the skin, drainage, or fever.

WHAT TO DO AFTER TREATMENT

- Avoid excessive movement or animation of the treated area for 2-4 weeks. (I.e: large opening of mouth, dental visits)
- You may feel very tight for the first week. Avoid chewing hard food during this time. Eat soft foods like smoothies, soups, fish, tofu, beans, etc.
- Avoid too much pressure, massage or manipulation of the tissue for 2 weeks. When washing face and applying topical products, gentle upwards motion only.
- Leave the bandaids on for 48 hours. You may wash your face after the treatment if need to. Change the bandaids if soaked.
- Apply the antibiotic ointment given in your post care kit on the insertion site before applying new bandaids.
- Avoid excessive touching or applying make up on the insertion sites for the first 48 hours.
- Avoid steam rooms, saunas, hot tubs, pools, ocean/lakes, or any water source that could be unclean or excessive in temperature for two weeks.
- Sleep elevated on your back for the first 5-7 days, may need to sleep on your back for the first 2 weeks if side sleeping causes discomfort.
- Avoid strenuous exercises/activities for the first 2 weeks.
- Avoid Aesthetic treatments including facials, RF, IPL, Laser, or microneedling for 4 weeks.

WHEN TO CALL

- If any of the threads are exposed or start to extrude.
- Signs of infection such as worsening discomfort, increased swelling, excessive warmth to the skin, drainage, or fever.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.



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- If you have any questions regarding your treatment.

Please Note: To increase the rate of healing time and decrease swelling and bruising, your provider may encourage you to take oral antihistamines (Zyrtec, Allegra, Claritin, Benadryl). Avoid ibuprofen if possible.